

## **Abstract**

**Title:** Change in the external load at different forms of the game of football

**Objectives:** The aim was to gain insight into various modifications of football and then apply theoretical knowledge to teaching experiment.

**Methods:** In teaching experiment was to determine whether changes in participation of players in the game when resizing the field and change the number of players and also find how to change the load of the players with a change of pitch and number of players.

**Theoretical bases:** Contains an list of the most modifications of football with their brief description. Then analysis of game performance. This chapter place emphasis on gaming activities of player. Last but not least the thesis contains a detailed discussion of the peculiarities of sports training of children and youth. This chapter focuses on the specifics of children's football and coaching youth both at home and abroad.

**Pedagogical experiment:** The experiment was performed in category U-15 in the team FK Pelhřimov in November 2012 and It was focused on the participation of playeres in the game when resizing the pitch and number of players.

**Results:** There was not detected increase in the intensity of load when resizing the pitch and change the number of players. It was found that the change in pitch and changes in the number of playeres changing the participation of playeres into the game. Specifically, it was detected than the smaller number of playeres and a smaller pitch is, the larger participation of players. The results can not be generalized.

**Key words:** football, modification football, football of small forms, gaming performance, children's football